

**Abstract**

The present invention relates to a method for the prevention and/or treatment of vascular disorders and/or secondary disorders associated therewith, such as depression.

5 The method according to the invention comprises the oral administration of a preparation which contains at least the following fractions:

a) long chain polyunsaturated fatty acids;

b) at least two different phospholipids selected from the group consisting of phosphatidylserine, phosphatidylinositol, phosphatidylcholine and

10 phosphatidylethanolamine and

c) one or more compounds which are a factor in methionine metabolism, which

compounds are selected from the group consisting of folate, vitamin B12, vitamin B6, magnesium and zinc or equivalents thereof.

15 The invention also relates to a preparation for oral dosage comprising:

at least 120 mg of long chain polyunsaturated fatty acids;

at least 200 mg phospholipids;

at least 200 µg folate; and

at least 0.1 mg hypericin and/or at least 100 mg extract of *Withania somnifera*.